

ABCDE REBT Worksheet

Use this worksheet to challenge unhelpful beliefs and create more rational, supportive perspectives using the ABCDE model from Rational Emotive Behavior Therapy. You can write directly in the boxes provided. This exercise works best when you take time to reflect and, if possible, discuss it with a therapist or trusted person.

A – Activating Event

Describe the specific event or situation that triggered your reaction. Keep it factual — who, what, where, and when.

B – Beliefs

List the thoughts and interpretations you had about the event. Include any automatic or dominant stories that surfaced.

C – Consequences

Note your emotional, behavioral, and mental responses that resulted from your beliefs about the event.

D – Disputing

Challenge your beliefs. Ask yourself: Is there evidence for this? Against this? Could there be other explanations? What would I tell a friend who believed this?

E – Effective New Belief and Behavior

Replace the irrational belief with a more rational and helpful one. Describe how this new belief might change your emotions and actions.

Tip: Repeat this exercise regularly. The more you practice disputing unhelpful beliefs and reinforcing rational ones, the more naturally your mind will shift toward helpful perspectives.